

COSMOPOLITAN

Christina
Aguilera
Holds Nothing Back

Introducing
The New

#1

Sex
Position...
It Feels
So. Friggin.
Good.

QUIZ
ARE YOU
A FUN
FRIEND?

ENTER TO
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\$10,000
ROOM
MAKEOVER
From the
CosmoLiving
Collection

WHEN
YOUR
VAGINA
ACTS
WEIRD

Answers to
Super-Intimate
Questions

5 Crazy-Specific
Dating Apps That
Lead to Love

HOT Pics of
HOT Guys Drinking

Score a More Alluring Smile

Your eyes may be the window to your soul, but your smile? Consider it the window to a better dating life. Studies show that people with nicer smiles are perceived as more attractive and successful, and a recent [Match.com](#) survey on millennial dating habits found that 71 percent of women and 58 percent of men judge dates based on their teeth. Here's how to upgrade yours.

By Lauren Balsamo



Lipstick with blue undertones (purples, pinks, and reds) can temper yellowness to brighten your grin. (Try L'Oréal Paris Colour Riche Shine Lipstick in Enamel Red, \$10, lorealparisusa.com.)



3 Trends to Try



1. Charcoal

"This natural whitener has adhesive properties that attract surface stains from food and drinks," says Lowenberg. Try a toothbrush with charcoal-infused bristles (it's less messy than the toothpastes).



Hello Products Charcoal Bristled Toothbrush, \$24 for 6, [amazon.com](https://www.amazon.com)

2. Tinted Toothpaste

Like the purple shampoos designed to nix brassiness, this toothpaste cancels out yellow tones by depositing tiny purple pigments on your teeth as you brush.



Popwhite Primer, \$24, [amazon.com](https://www.amazon.com)

3. Oil Pulling

Swishing with coconut oil for 10 minutes a day can lower oral inflammation by reducing fat-soluble toxins (a by-product of plaque) in the mouth, says cosmetic dentist Kevin Sands, DDS.



Kopari Coco Oil Pullers, \$28, [koparibeauty.com](https://www.koparibeauty.com)

